

Congressman West and his wife, Angela, promote national program, Girl Talk, a mentoring program aimed at preventing underage binge drinking

WHO: Congressman West, along with The Century Council, a non-profit dedicated to combating binge drinking among teenage girls, will be introducing a chapter of Girl Talk: Choices and Consequences of Underage Drinking, at Dwyer High School and Jupiter High School.

WHAT: Girl Talk is a student-to-student mentoring program that pairs middle school girls with high school girls who serve as mentors, promoting leadership skills and positive decision-making, saying no to underage drinking, making positive life choices and building self-esteem.

WHY: - 26 percent of Florida high school students admitted to binge drinking in the past year

- 16 percent of Florida students admit to binge drinking in the past month

- Children who begin drinking by age 13 have a 38 percent higher risk of developing alcohol dependence later in life, according to the National Institute

on Alcohol Abuse and Alcoholism

WHEN/WHERE:

Monday, April 2nd

9:00 am to 9:30 am

William T. Dwyer High School Auditorium

13601 N. Military Trail

Palm Beach Gardens

10:15 to 11:00 am

Jupiter High School Auditorium

500 North Military Trail

Jupiter

WHO: Congressman Allen West

Dr. Angela Graham-West

Dwyer High School Principal Dr. Joseph Lee

Jupiter High School Principal Dr. Cheryl Alligood

The Century Council

Students and teachers

QUOTES: "I am the father of two teenage daughters, and my wife and I understand some of the pressures they face growing up," West said. "As parents, we know we can only do and say so much, and that their friends also have an influence. I encourage these schools to start a chapter of Girl Talk and stand as a united front when dealing with the pressures in school."

"Girls need to be informed of the toll that underage drinking can take on their health and also on other aspects of their lives," said Ralph Blackman, President and CEO of The Century Council. "We want all teenagers to know that underage drinking has many negative consequences and we hope these kinds of programs will encourage them to discuss this with their parents."

BACKGROUND: The Century Council is a national not-for-profit organization and is a leader in the fight to eliminate drunk driving and underage drinking and promotes responsible decision making regarding beverage alcohol. The Century Council develops and implements innovative programs and public awareness campaigns and promotes action through strategic partnerships. Established in 1991, The Century Council's initiatives are highlighted on its website at [www.centurycouncil.org](http://www.centurycouncil.org).

The Century Council created the Girl Talk: Choices and Consequences of Underage Drinking lesson to improve dialogue between mothers and daughters, and peers. Girl Talk has helped initiate and sustain conversations about alcohol in other communities around the country and hopes to do the same in Palm Beach County.

More Information: [www.centurycouncil.org/initiative/girl-talk](http://www.centurycouncil.org/initiative/girl-talk)

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